



# Thyme Saver CSA: Recipes and News for August 30, 2018

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## This Week's Box, How to Store It, How Long Will It Last?

- **Lemon Grass** (wrap in damp paper towel in fridge, 1-2 weeks)
- **Corn** (refrigerator, 3-4 days)
- **Green Beans** (crisper drawer, 5-7 days)
- **Beets** (crisper drawer, 3-5 days)
- **Tomatoes** (counter, 3-4 days)
- **Carrots** (refrigerator, 1 week)
- **Dandelion Greens** (refrigerator, 3-5 days)
- **Watermelon (L ONLY)** (refrigerator, 1-2 weeks)

## Questions? Contact Jeanine: [info@stokesfarm.com](mailto:info@stokesfarm.com)

### Green Bean Pasta Salad

(adapted from *Cooking Light*)

#### INGREDIENTS:

- 1/3 cup olive oil
- 1 pint cherry tomatoes
- 1 large shallot, finely chopped
- 2 cloves garlic, finely chopped
- 1/2 tsp. crushed red pepper
- 12 oz. your favorite pasta
- 1/2 lb. fresh green beans, trimmed
- 1/2 cup grated Parmesan
- 1/2 cup each chopped fresh parsley and basil
- 1/2 cup chopped roasted red bell peppers from a jar

#### INSTRUCTIONS:

In skillet, cook first 5 ingredients over medium heat, stirring occasionally, until tomatoes start to burst, 6 minutes; season. Transfer to large bowl. In pot of salted boiling water, cook pasta until al dente; add green beans during last two minutes of cooking. Rinse under cold water until cool. Toss with tomato mixture and remaining ingredients. Serves 4.

### Dandelion Greens Pesto

(adapted from *Cooking Light*)

#### INGREDIENTS:

- 4 cups dandelion greens, stems removed
- 1 cup loosely packed fresh basil leaves
- 3 Tbsp. pine nuts, toasted
- 1.5 oz. Parmesan cheese, grated

#### INSTRUCTIONS:

Place first 5 ingredients in a food processor. Process until finely chopped. Add juice and salt; pulse 5 times. With processor on, slowly pour oil through food chute; process until well blended.

### Watermelon-Basil Salad

(adapted from *Cooking Light*)

#### INGREDIENTS:

- 2 cups cubed watermelon (seeds removed)
- 1 cup chopped cucumber
- 1 Tbsp. white balsamic vinegar
- 1.5 tsp. extra-virgin olive oil
- 1/4 tsp. kosher salt
- 2 Tbsp. torn fresh basil
- 1/4 tsp. freshly ground black pepper

#### INSTRUCTIONS:

Combine watermelon, cucumber, vinegar, oil, and salt in a medium bowl; toss gently to coat. Sprinkle with basil and pepper.

### Carrot Ribbon Salad

(adapted from *Cooking Light*)

#### INGREDIENTS:

- 2 Tbsp. fresh lemon juice
- 2 tsp. honey
- 1/4 tsp. kosher salt
- 1/4 tsp. black pepper
- 1 Tbsp. olive oil
- 6 oz. carrots, shaved into long strips
- 2 cups arugula
- 1/4 cup parsley, coarsely chopped
- 1 oz. crumbled goat cheese
- 3 Tbsp. toasted pecans, chopped

#### INSTRUCTIONS:

Whisk together lemon juice, honey, salt, and pepper in a small bowl. Whisk in olive oil. Toss together carrots, arugula, and parsley into lemon juice mixture. Divide among 4 plates. Top evenly with goat cheese and pecans.

# Parmesan Roasted Green Beans

(adapted from *Lemon Tree Dwelling*)

## INGREDIENTS:

- 1 lb. fresh green beans
- 2 Tbsp. olive oil
- 2 Tbsp. grated parmesan cheese
- 2 Tbsp. panko bread crumbs
- 1/2 tsp. kosher salt

## INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Combine all ingredients in a large mixing bowl; toss to coat.
3. Spread green beans on a large rimmed baking sheet.
4. Roast for 15-20 minutes; stirring halfway through.

# Lemongrass-Carrot-Ginger Soup

(adapted from *Epicurious*)

## INGREDIENTS:

- 2 tablespoons olive oil
- 1.5 cups diced onion
- 1.5 pounds thinly sliced carrots
- 2 tablespoons peeled and minced fresh ginger
- One 2-inch-long piece lemongrass, pounded
- 4 cups chicken broth
- Sea salt

## INSTRUCTIONS:

1. In a large saucepan over medium heat, heat the olive oil. Add the onion and sweat until translucent, about 8 minutes, stirring occasionally.
2. Add the carrots, ginger, and lemongrass and stir to coat the vegetables with the oil. Reduce the heat to medium-low and cook for 10 minutes.
3. Add the broth and increase the heat to medium. Bring the soup to a simmer and cook until the carrots are tender, about 15 minutes.
4. Transfer the mixture to a blender and blend until smooth, blending in batches if necessary.
5. Season with sea salt to taste and serve immediately.

# Beets, Corn, and Tomatoes in Red Wine Vinaigrette

(adapted from *NY Times Cooking*)

## INGREDIENTS:

- 4 medium beets
- ½ teaspoon Dijon mustard
- ¼ cup red wine vinegar
- ½ cup olive oil
- Sea salt and freshly ground pepper to taste
- 3 ears of corn, blanched and scraped off the cob
- 1 pint cherry tomatoes, cut in half
- 1 tablespoon parsley leaves, chopped
- 2 tablespoons fresh tarragon leaves

## INSTRUCTIONS:

1. Preheat the oven to 350 degrees. Put the beets in the oven on a rack and bake for an hour and a half, or until tender when pierced with a fork. When the beets are cool enough to handle, slice them into half-inch pieces and put them in a bowl.
2. Combine the mustard, vinegar, oil, salt and pepper. Arrange alternating rows of diced beets, corn and tomatoes on a rectangular serving plate.
3. Sprinkle the dressing on the vegetables. Sprinkle parsley on the beets and tarragon on the tomatoes. Season the corn with extra pepper. Serve at room temperature.

# Fresh Lemongrass Tea

(adapted from *The Wanderlust Kitchen*)

## INGREDIENTS:

- 4 cups water
- 2 cups roughly chopped lemongrass stalks
- 1/4 cup sugar
- Lime wheels for garnish (optional)

## INSTRUCTIONS:

1. Bring the water to a boil over high heat in a medium saucepan.
2. Add the lemongrass and boil rapidly for 5 minutes.
3. Reduce the heat to low and simmer the tea for an additional 5 minutes.
4. Strain the stalks from the liquid. Stir in the sugar until dissolved.
5. Serve warm, or chill in the refrigerator and pour over ice.